

100% HMF
L'ESTARTIT

RACE INFORMATION
(RACE BRIEFING)

CONTENTS

- Welcome
- The Race
- Schedule
- Preparations
- Courses
- The Finish
- After the finish
- Thanks to...

WELCOME

L'Estartit welcomes us once again with its magic.

Nestled between the Mediterranean Sea and the Medes Islands, every edition here is a unique experience. The scenery, the atmosphere, and the energy of the participants make this place a true gathering spot for triathlon enthusiasts.

But this time it will be even more special: **L'Estartit marks the end of our 100x100 HALF season.**

After many kilometers, emotions, challenges, and shared goals, we've reached the final event on the calendar.

It's the last chance this season to come together again, compete, and enjoy everything we're passionate about.

The swim, fast and straightforward, invites you to enjoy a unique setting from the very first meter. The bike course, flat and perfect for flying, lets you maintain a strong pace and feel the speed with every pedal stroke. And the run, with the Medes Islands as a backdrop, is the perfect finishing touch: a spectacular route where the effort blends with the beauty of the landscape.

We'll be there, as always, cheering you on, sharing smiles, and celebrating every finish.

It's the last one of the season. So let's enjoy it as it deserves.

Stay strong, enjoy every kilometer, and let's make this last 100x100 HALF of the year unforgettable.

See you in L'Estartit.

JORDI C

CEO, 100% Half

ANDREA G

Race Director

WELCOME

L'Estartit is one of the most unique destinations on the Costa Brava, situated in a stunning natural setting overlooking the Mediterranean and featuring the Medes Islands as its landmark. Its landscape combines expansive beaches of fine sand, hidden coves, and an exceptional seabed, considered one of the most beautiful along the Catalan coast.

This seaside town preserves its authentic character while offering a wide range of cultural, sporting, and recreational activities year-round. From water sports and trails through the Montgrí, Medes Islands, and Baix Ter Natural Park to culinary experiences and strolls through its harbor and along the boardwalk.



Its welcoming, family-friendly atmosphere, combined with the beauty of its surroundings, makes L'Estartit an ideal destination for those seeking sports, nature, and the sea all in one place, without losing the Mediterranean charm of its origins.

WHAT TO VISIT

THE RACE

SCHEDULE

Saturday, October 10: race bibs

Sunday, October 11: Olympic and Sprint races,
FINAL awards ceremony

COMPETITION DISTANCES

OLYMPIC*

swim

1.5k

bike

40k

run

10k

SPRINT

swim

750m

bike

20k

run

5k

**Counts toward the club league*

SCHEDULE

Saturday, October 10

Action

6:00 p.m. to 8:00 p.m. Bib pickup

Location

Sala Polivalent de l'Estartit

Sunday, October 11

Event

6:00 a.m. to 7:30 a.m. Race number pickup
6:00 a.m. to 7:30 a.m. Check-in boxes

Location

L'Estartit Multipurpose Hall

8:00 a.m. OLYMPIC **START**
8:20 a.m. SPRINT **START**

Platja Gran de l'Estartit

10:00 a.m. SPRINT race closes

11:30 a.m. to 12:30 p.m. Check-out

Plaça de la Llevantina

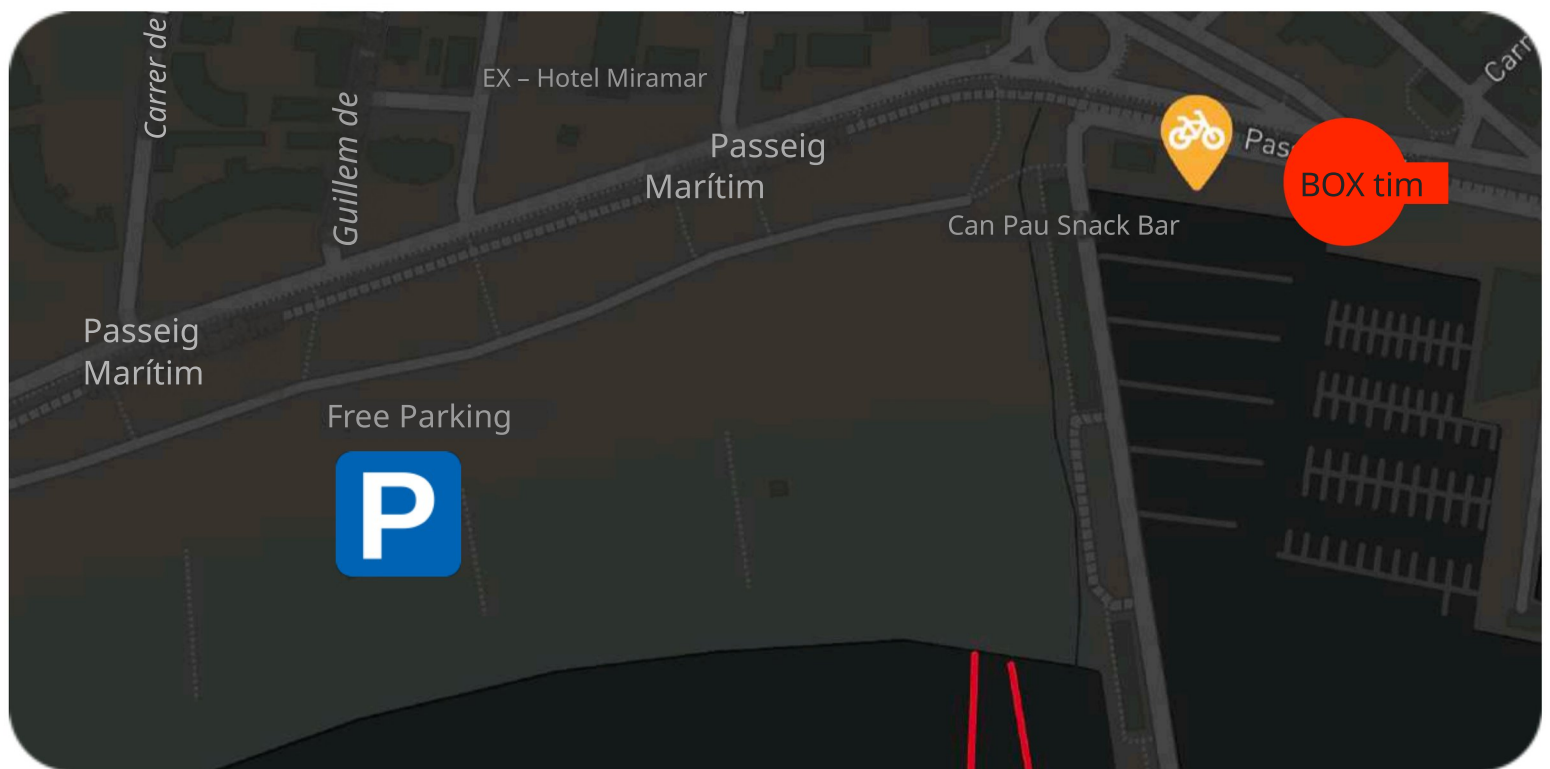
11:40 a.m. Olympic race closes

12:30 Race ends

3:00 PM L'Estartit Trophy Ceremony at the L'Estartit Multipurpose Hall
and League Ceremony

PARKING

There is a large free parking area available at the beach



PREPARATIONS

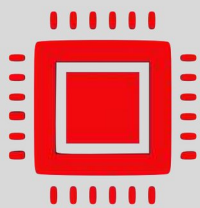


Cap: We'll provide it for you

A red square with the white number '123' inside, set within a light gray rounded square.

123

Race number: We'll give you your race number along with the stickers you'll need to identify your bike and helmet. You must wear it visibly during the cycling and running segments.



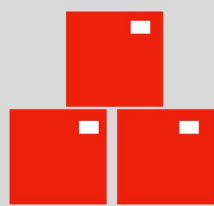
Timing chip: You'll find it on race day in the box inside your transition area. The chip comes with a neoprene chip holder that you must attach to your ankle for the swim.



Equipment: Keep in mind that you'll need some of your equipment in the transition area.



Access to the transition area: You must have your bike identified, your race number visible, and your helmet on with the stickers attached.



Equipment pickup: You may pick up your equipment from the transition area during the time slot indicated in the program.



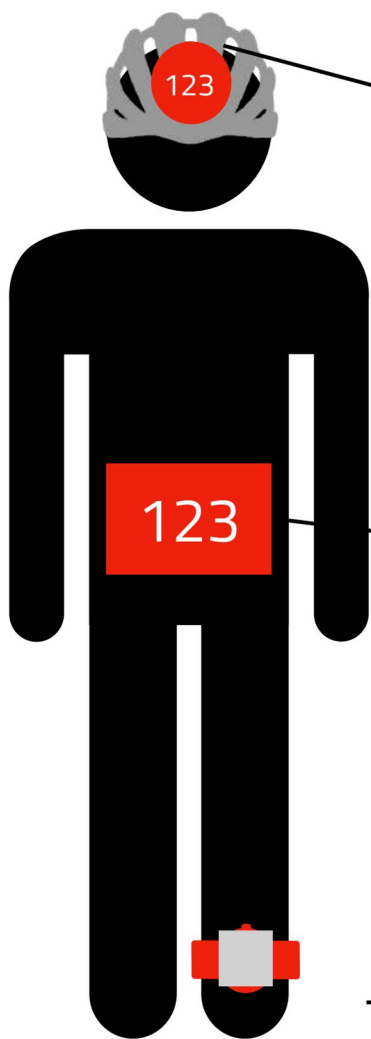
Trophies: Don't leave without checking the results on the website; otherwise, we won't award you your trophy. Results are posted immediately.

PREPARATIONS

STICKERS

We'll give you your race number along with the **stickers** that you'll need to place on different parts of your bike, helmet, and gear. Check out the graphics!

SWIM CAP: You must wear the **swim** cap provided by the organizers



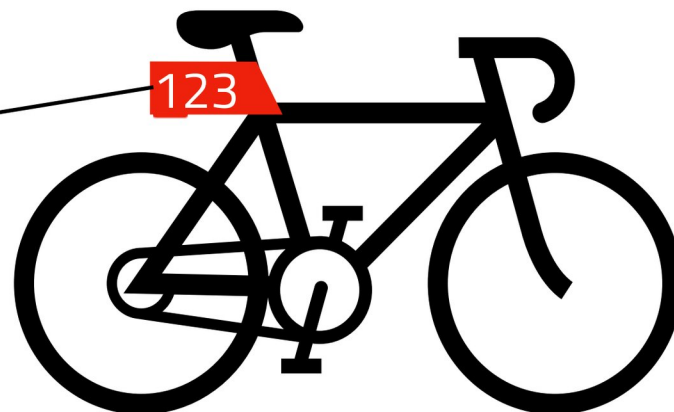
HELMET: attached to the front and left side of the helmet

RACE NUMBER:

- Not required for the **swim** — you're already wearing the chip!
- On the **bike**, you must wear it on the back (required)
- During the **run**, you must wear it on the front (mandatory)

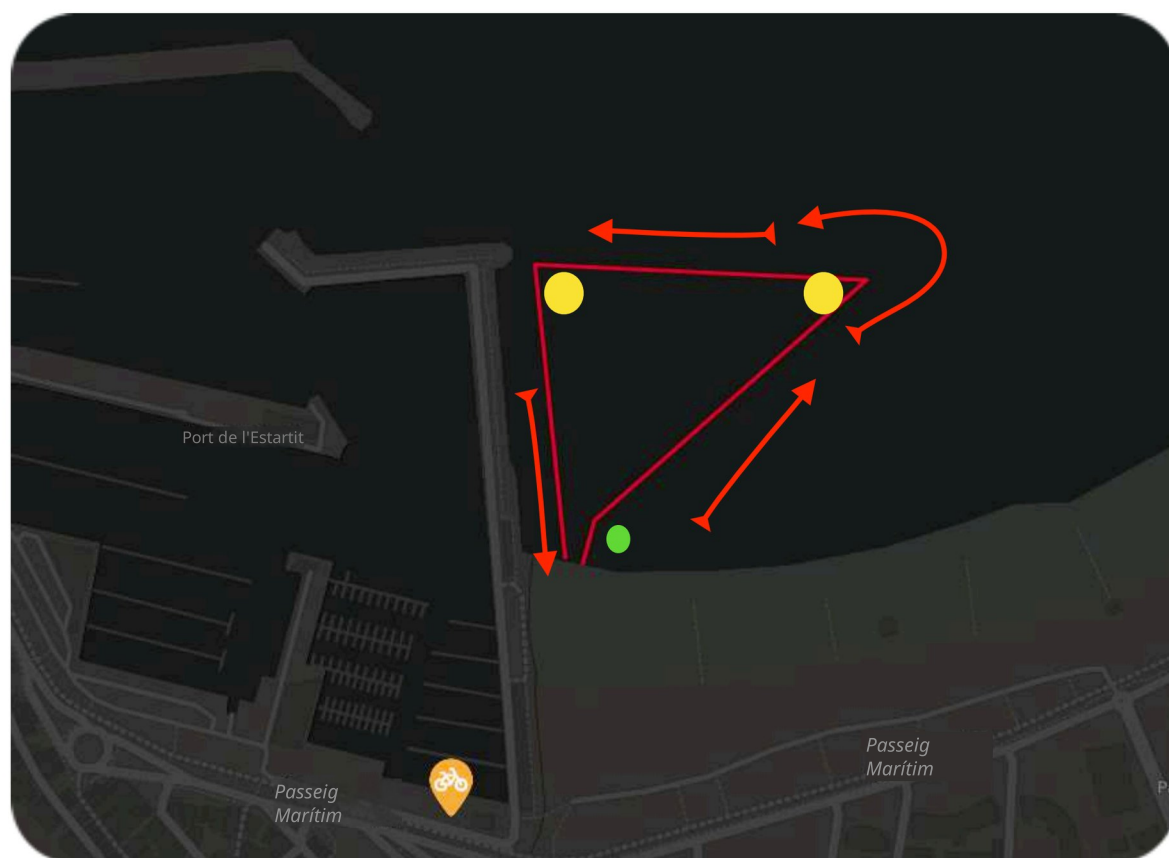
TIMINGCHIP: Must be worn on your ankle throughout the entire race (during the swim, on the outside of your wetsuit)

BIKE: It must be clipped onto the seatpost



COURSES

OLYMPIC SWIM 8:00 a.m.



Conventional start with an acoustic signal.

Marked course (yellow = reference).

First marker: turn left. Last marker: turn 90° to the left, keeping the markers on your left at all times. (2 LAPS)

Cut-off time: 45 min (3 min/100 m)

Course runs counterclockwise

**Warming up in the water is not permitted after 8:00 a.m.
Any athlete remaining in the water at 8:00 a.m. will be disqualified (DQ)**

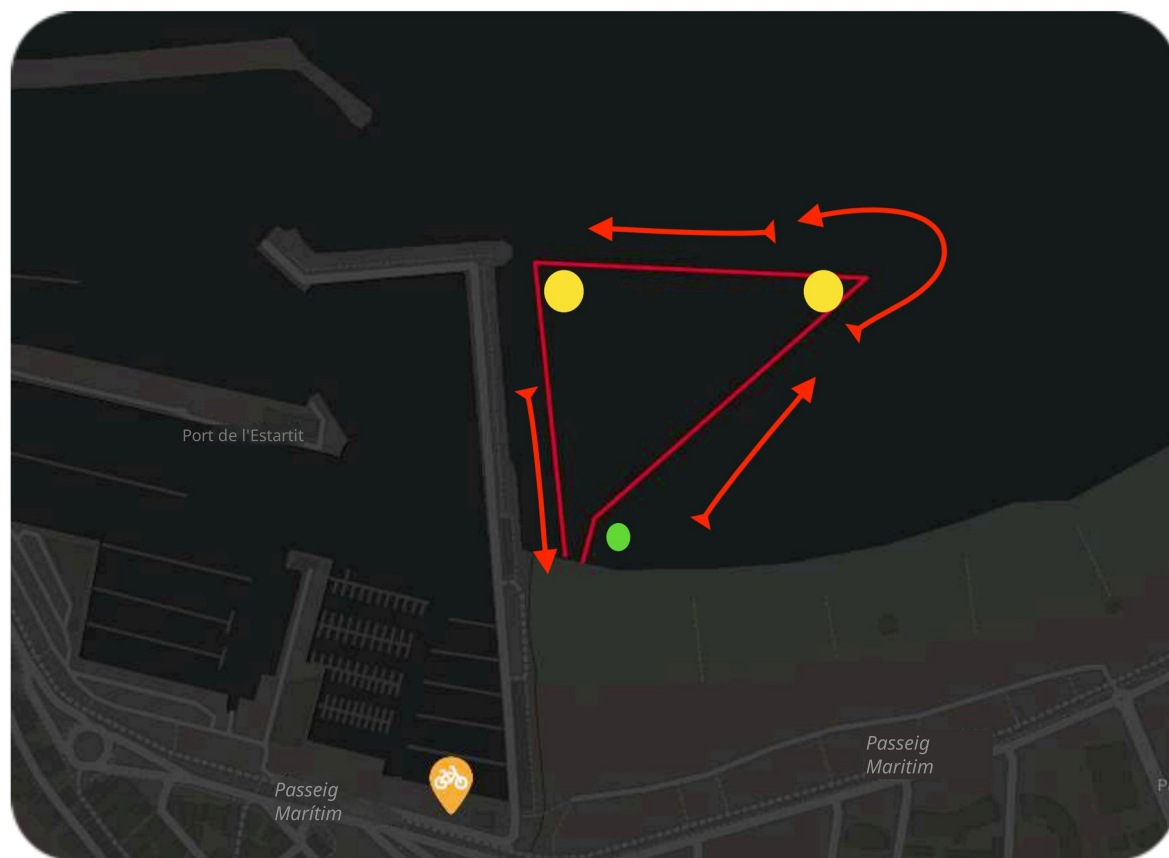
Failure to complete the entire marked course: DQ*
Exceeding the cutoff time: DNF*

*DQ = Disqualified

*DNF = Did Not Finish

COURSES

SPRINT SWIM 8:20 AM



Conventional start with an acoustic signal.

Marked course (yellow = reference).

First marker: turn left. Last marker: turn 90° to the left, keeping the markers on your left at all times. (1 LAP)

Cut-off time: 25 min (3 min/100 m)

Course runs counterclockwise

**Warming up in the water is not permitted after 8:00 a.m.
Any athlete remaining in the water at 8:00 a.m. will be disqualified (DQ)**

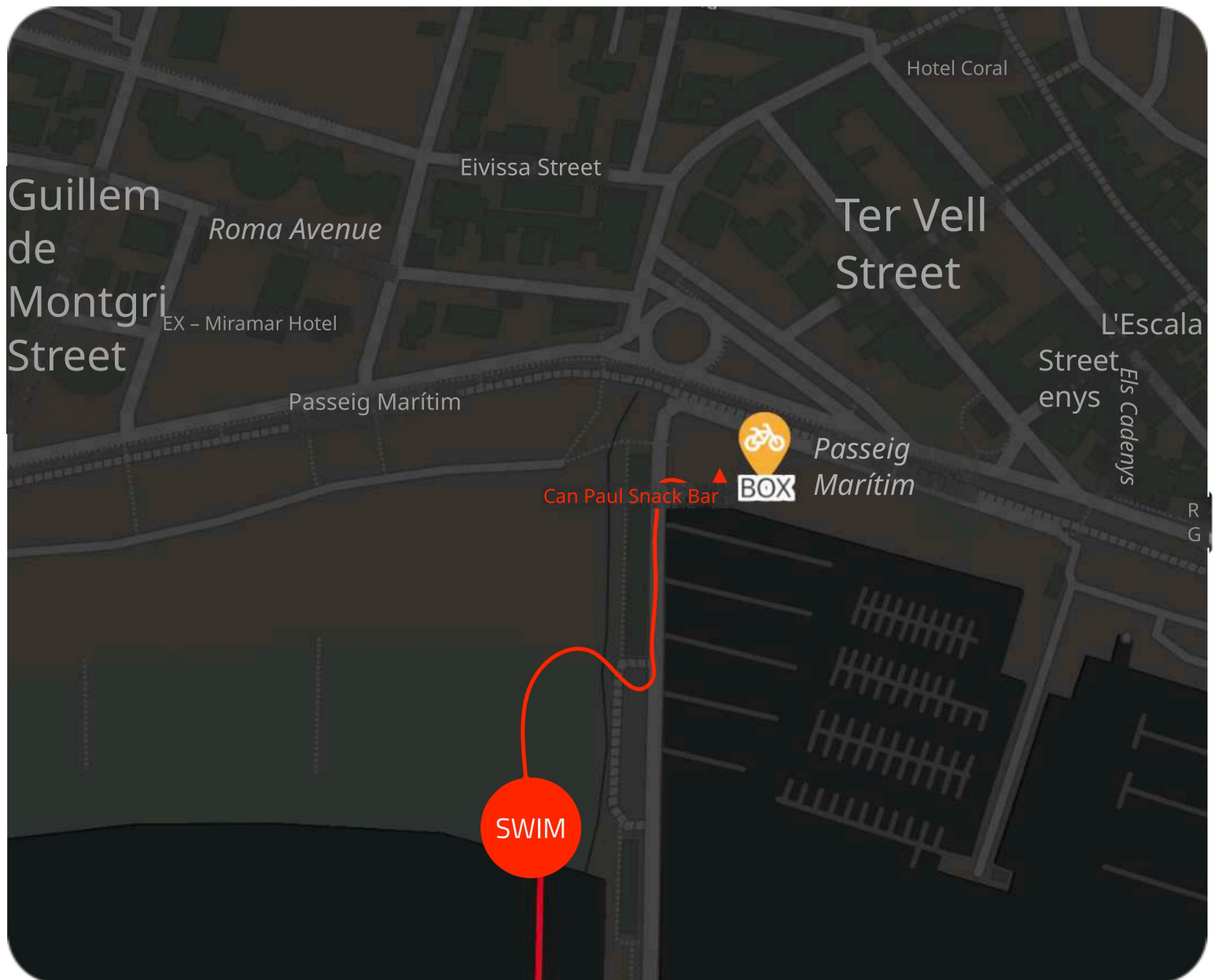
Failure to complete the entire marked course: DQ*
Exceeding the cutoff time: DNF*

*DQ = Disqualified

*DNF = Did Not Finish

COURSES

T1 (from SWIM to BIKE)



Distance between SWIM and the box: 300 meters.
Time check at the box entrance.

ROUTES

INSIDE THE TRANSITION AREA



ROUTES

CYCLING OLYMPIC



40-km circuit closed to traffic.

Ride on the right side of the road.

Cycling segment cutoff time: 1 hr 30 min

Failure to complete the entire course: DQ

Exceeding the cutoff time: DNF

ROUTES

SPRINT CYCLING



Montplà
 Urbanization
 Torre Vella
 Cau del Duc
 TORRE GRAN
 Camping Castell
 Montgrí
 L'Empordà
 et Traient
 Ca la Montserrat
 Torroella
 de Montgrí
 A
 Riu Ter
 Triton
 Riu Ter
 Riu Ter
 Summer Camp
 Marcel Maillot
 La Pletera
 Els Griells
 Carrer del Grau
 L'Estartit
 BOXort de l'Estartit
 Camin de la Cala

A 20-km circuit closed to traffic.

Drive on the right side of the road.

A 180° turn (A)

Cycling segment cutoff time: 45 min

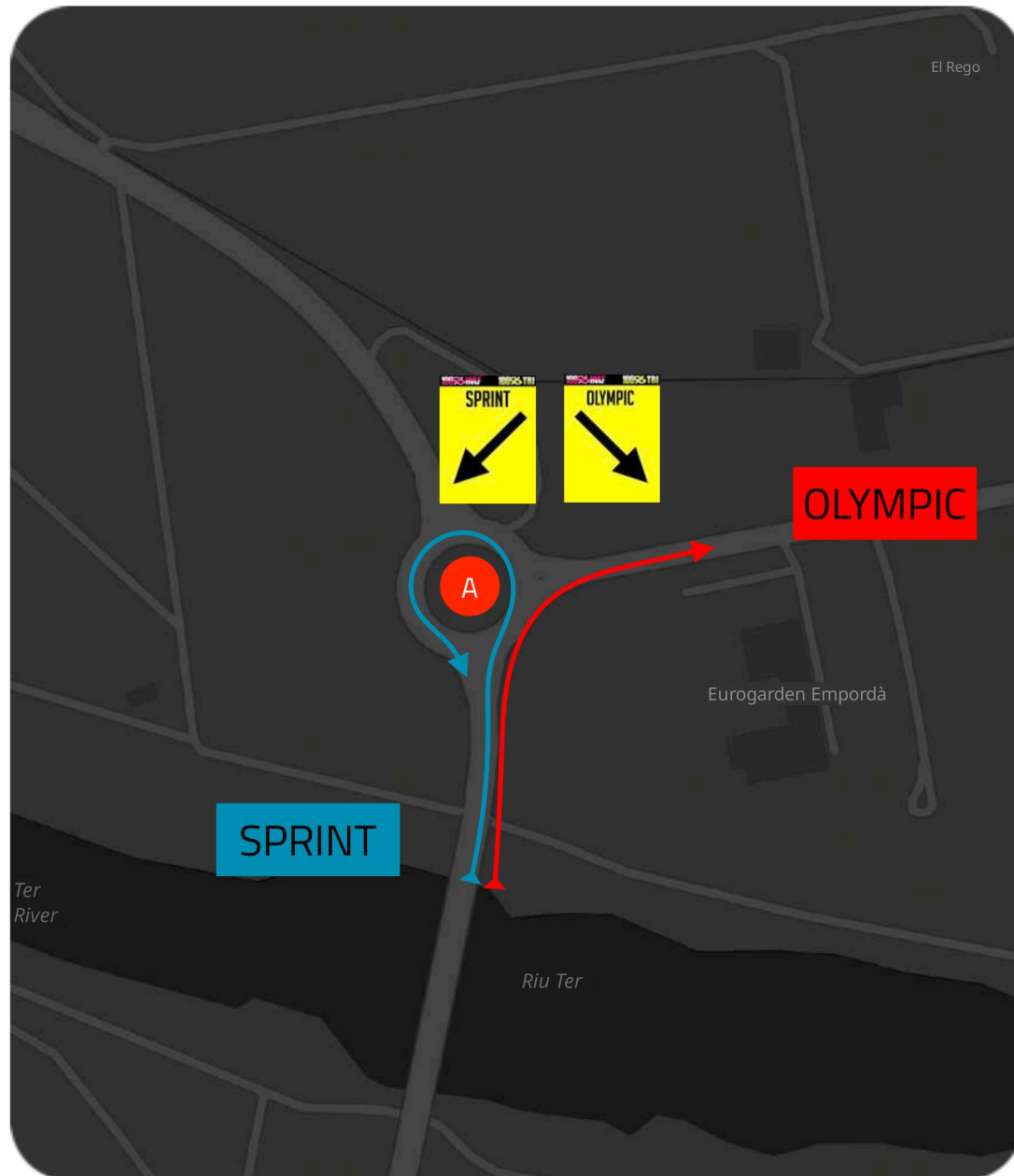
Failure to complete the entire course: DQ

Exceeding the time limit: DNF

ROUTES

CYCLING FEATURES

Separation of Routes



Route split point A

At point A (located at the 7.5 km mark for all distances), the routes split.

Only participants in the SPRINT race must make a 180° turn (around the roundabout).

The turn is marked with signs, and a marshal is stationed at the point.

There is a warning sign 100 meters before the turn.



ROUTES

CYCLING DETAILS



...No further explanation is needed.

ROUTES

CYCLING FEATURES

SPRINT

Archives

SWIM BIKE RUN

A "blazing-fast" route through La Gola del Ter



20 km



74 m elevation gain



1

Round trip



1/5

Difficulty



Download Track

.GPX files are available for any of the distances on the website.

ROUTES

CYCLING FEATURES

OLYMPIC

Files

SWIM BIKE RUN

A virtually flat course, taking in the medieval surroundings of the Baix Empordà



40 km



194 m elevation gain



1 Loop



1/5

Difficulty

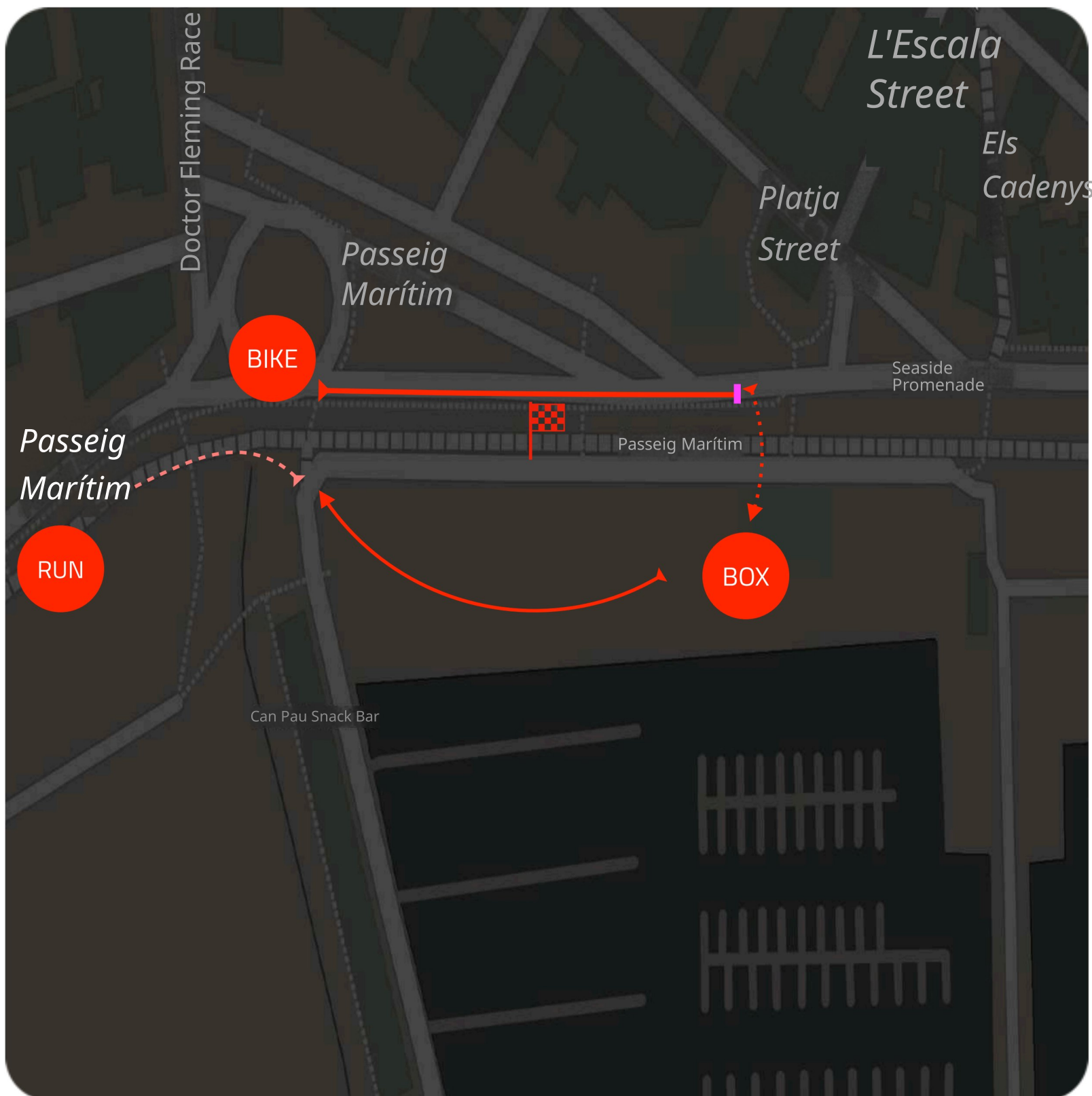


Download Track

.GPX files are available for any of the distances on the website.

ROUTES

T2 (Bike to Run)

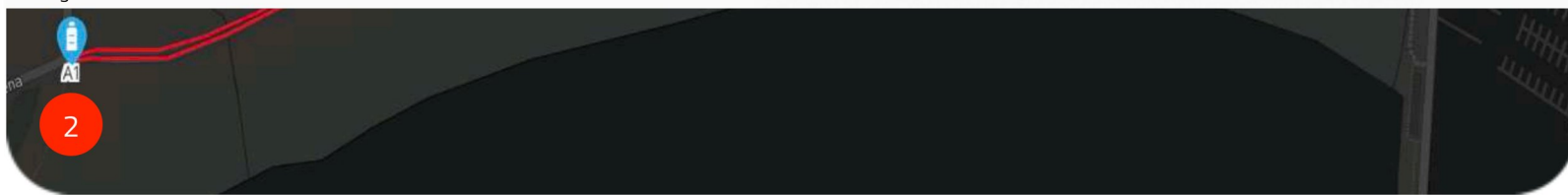


Enter the pit by dismounting from the bike at the dismount line (—).
Time check at the pit entrance.

ROUTES

RUN

Llacunes de Ter Vell
 L'Illeta
 El Jonquim
 Avinguda de les Flors
 Dalia
 Dalia
 Free Parking
 La Morruda Beach Bar
 Avinguda de la Costa Brava
 Carrer de las Salines
 Carrer Cala Pedrosa
 Raül Girona
 Passatge Falaguer
 Panorama
 La Gaviota
 Carrer de Montgó
 Carrer Guillem de Montgrí
 Avinguda de Roma
 EX - Hotel Miramar
 Passatge Marítim
 Passatge Marítim
 1
 Snack-Bar Can Pau
 FINISH
 Carrer Eivissa
 Carre
 Passatge Marítim
 Passatge Marítim



A 2.5-km circuit closed to traffic, partially marked along half the route

Riders must stay on the right side of the road.

Two 180° turns (points 1 and 2)

Number of laps to complete between 180° turns:

SPRINT: 2 laps

■ **OLYMPIC: 4 laps**

Cut-off time for the running segment:

SPRINT 35 min

■ **OLYMPIC 1 hr 10 min**

Failure to complete the entire course: DQ

Exceeding the cutoff time: DNF

ROUTES

RUN

Llacunes de Ter Vell
 L'Illeta
 El Jonquim
 Avinguda de les Flors
 Dàlia
 Dàlia
 A1
 2
 Free Parking
 La Morruda Beach Bar
 Avinguda de la Costa Brava
 Carrer de las Salines
 Gala Pedrosa Street
 Raül Girona
 Falaguer Passage
 Panorama
 La Gaviota
 Montgó Street
 Guillem de Montgrí Street
 Roma Avenue
 EX - Hotel Miramar
 Maritim Passage
 Maritim Passage
 1
 Can Pau Snack Bar
 FINISH
 Esglesia Street
 Eivissa Street
 Carre

The aid station is located at point 2.

Refreshments include both food and drinks.

Liquid refreshments are served in cups.

The cups contain Powerade/Aquarius sports drinks and water.

Solid refreshments consist of fruit.

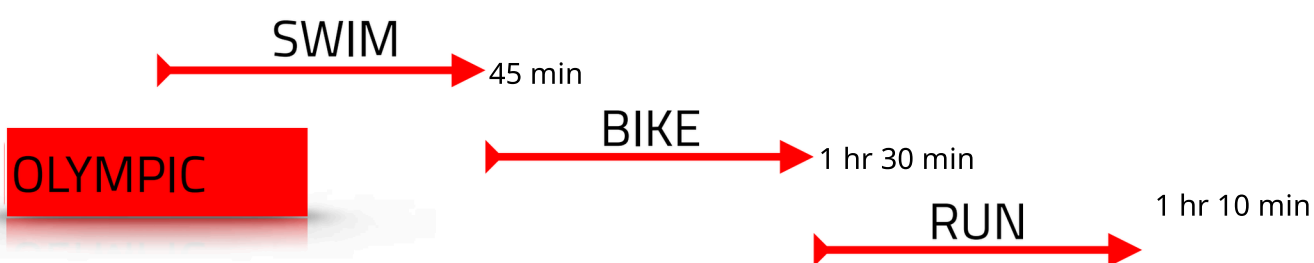
Runners pass the aid station **4 times in the**

OLYMPIC and 2 times on the SPRINT

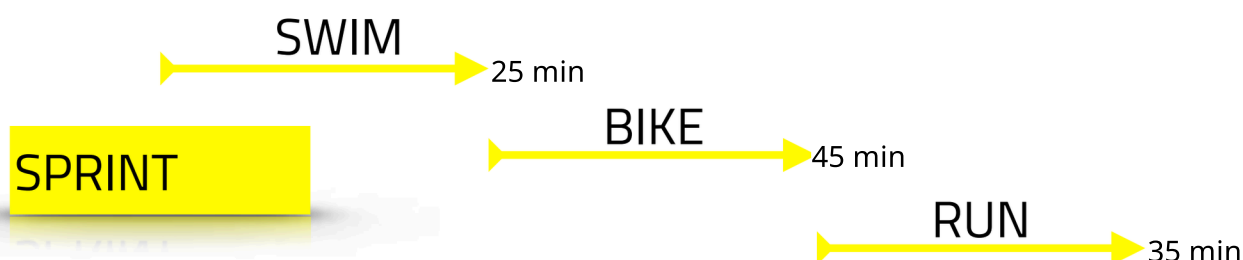
Accompaniment is not permitted on the running course.

COURSES

GENERAL INFORMATION CUT-OFF TIMES



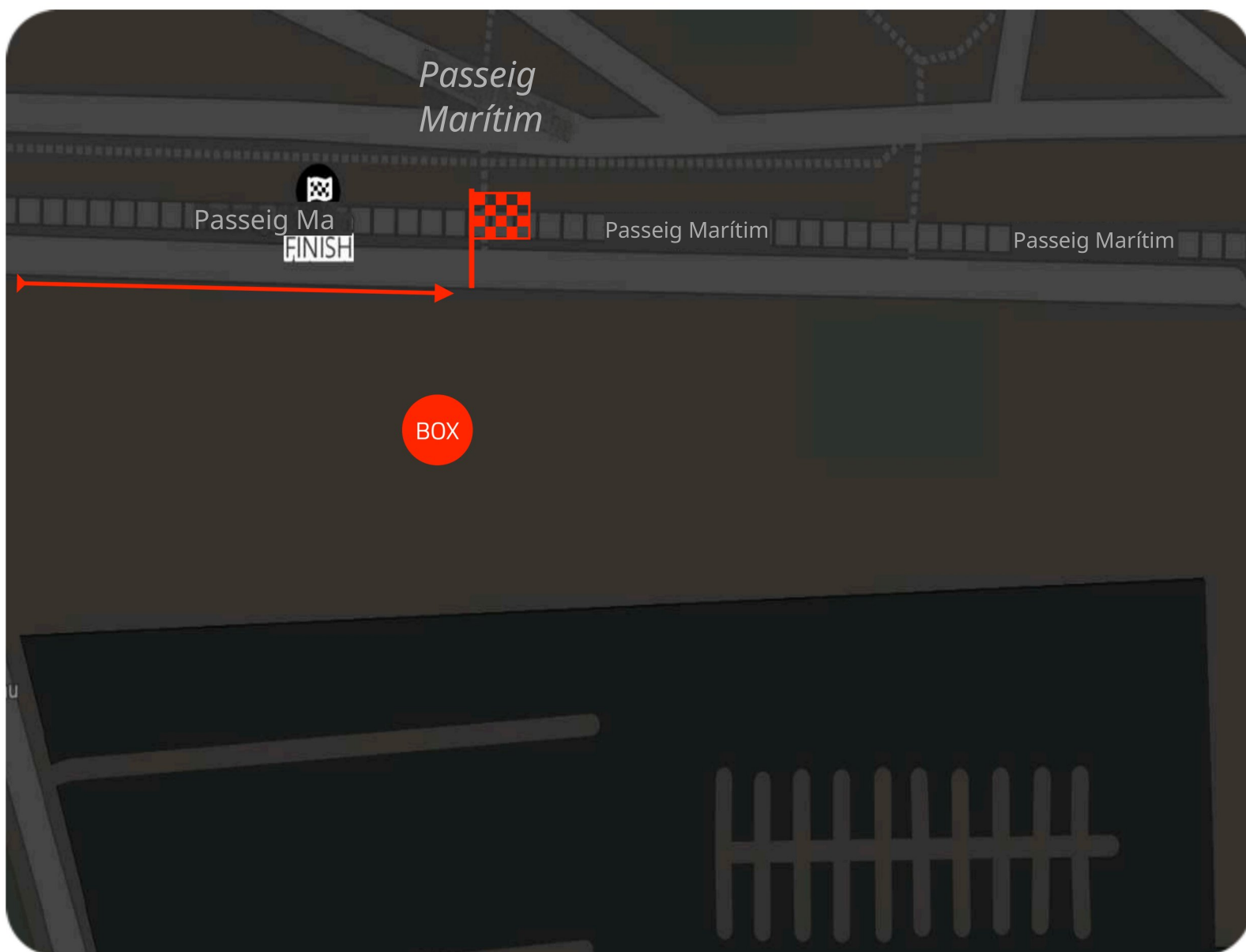
Cut-off times are not calculated based on the athlete's net time. Total times are used. An athlete may NOT exceed 45 minutes in the swim. If they finish in less time, cut-off minutes are added to the next segment. For example: SWIM 30 min; BIKE cut-off: 2 h



Cut-off times are not calculated based on the athlete's net time. Total times are used. An athlete may NOT exceed 25 minutes in the swim. If they finish in less time, cut-off minutes are added to the next segment. For example: SWIM 10 min; BIKE cut-off: 1h 02min

THE FINISH

Access to the finish line



Once participants have completed the required number of laps for their category on the RUN course, they cross the finish line and proceed to the recovery area (post-finish) and the awards ceremony.

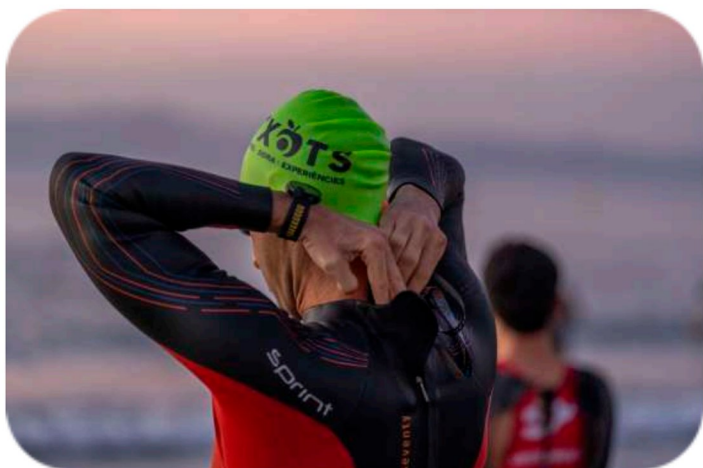
AFTER THE FINISH

Once you've crossed the finish line, it's time to enjoy the moment.

In the final refreshment area, you'll find drinks and food to help you regain your strength.

You can pick up your gear from the box starting at 11:30 a.m., when check-out begins.

The results are posted instantly on the website. Check the results to see if you're one of the winners in the different categories.



What about the photos? They'll be available at the following link (<https://fotos.100x100half.com/>) within 48 hours of the race's conclusion. Tag us @100x100half!

CHECK-OUT

When can I pick up my gear from the box?

During Check-Out at the following times:
from 11:30 a.m. to 12:30 p.m.



VERY IMPORTANT. Before the scheduled check-out time (11:30 a.m.), NO equipment will be handed out, and nothing may be picked up.

THE TROPHIES

Our **trophy presentation protocol** includes a full podium (first through fifth place) for the overall men's and women's divisions, as well as an award for the first-place finisher in each age group.

MEN'S OPEN CATEGORY



WOMEN'S OPEN DIVISION



MEN'S AGE GROUPS



- Age group 16–24
- Age group 25–29
- Age group 30–34
- GE 35–39 years old
- GE 40–44 years old
- Age group 45–49
- Age group 50–54
- Age group 55–59
- Age group 60–64
- Age group 65 and older

WOMEN'S AGE GROUPS



- Age Group 16–24
- Age Group 25–29
- Age Group 30–34
- Age group 35–39
- Age group 40–44
- Age group 45–49
- Age group 50–54
- Age group 55–59
- Age group 60–64
- Age group 65 and older

RESULTS

We post the results **immediately** on our website, where you can view all the rankings and categories.



On the results page, you can filter the list until you find your bib number, view the results for the different disciplines and categories, check the podium, and access the event's results history.



RESULTS

WE'LL EXPLAIN IT IN A MINUTE...

The 100x100 HALF Club League awards a total of **€16,000 in prize money**, which will be distributed among the **top 7 clubs** in both the men's and women's categories.

And now we've reached the decisive moment.

This is the last chance to earn points for the League. And pay attention, because in this final round , **points are worth double!**

Everything can change. Every position, every point, and every result could be decisive for the final standings.

You can consult the official rules for full details on the scoring system and how the 100x100 HALF Club League works.

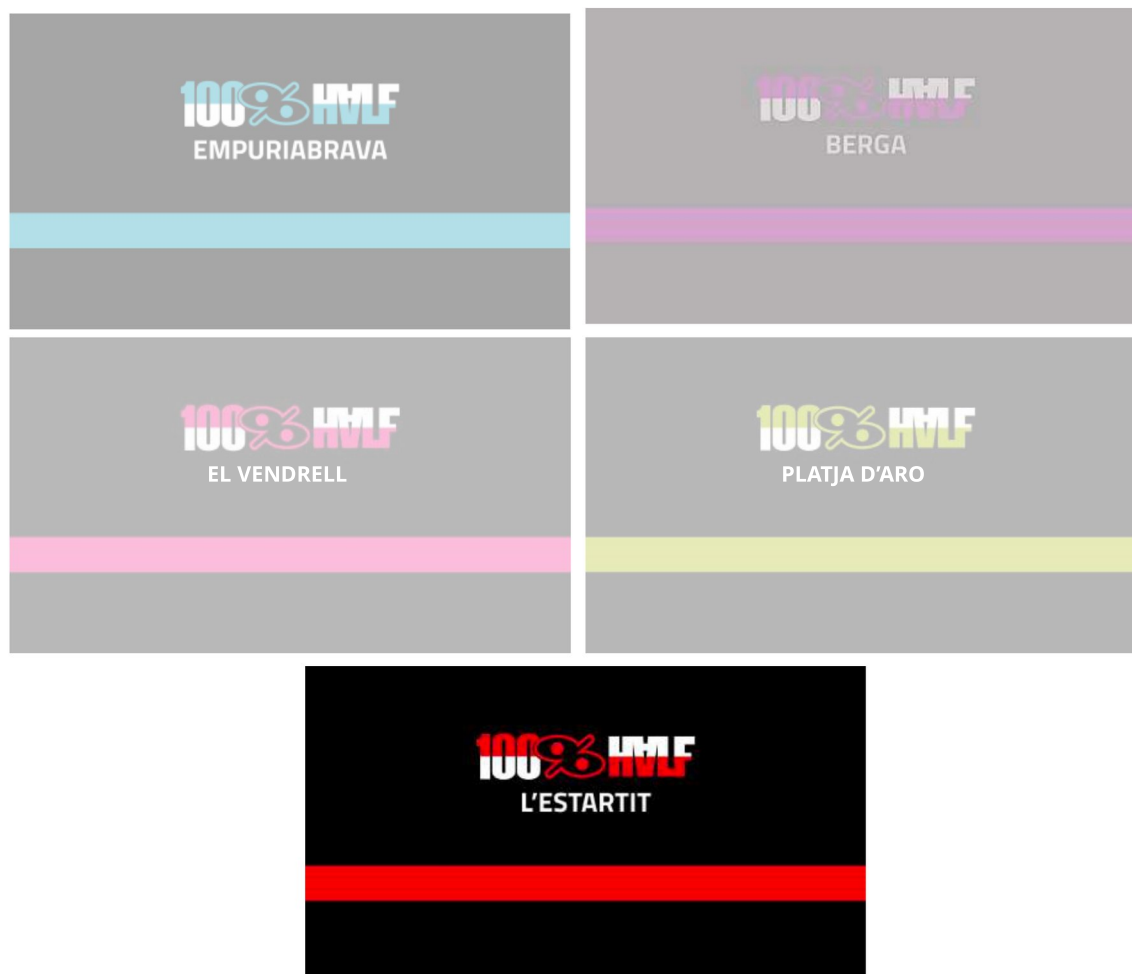
At 3:00 p.m., one of the highlights of the season will take place:

the awards ceremony for this race, followed by the **awards ceremony for the final standings of the 100x100 HALF Club League.**

We hope to see you all there.

We look forward to seeing you there to celebrate the end of the league together, take the big group photo, and wrap up the season with a toast.

See you at the grand finale!



ACKNOWLEDGMENTS

A **very special** one **for you**: thank you for coming and for letting us enjoy your race.

- Torroella de Montgrí City Council
- EMD L'Estartit
- Gualta City Council
- Serra de Daró City Council
- Ullastret City Council
- Forallac City Council
- Palau-Sator City Council
- Fontanilles City Hall
- Pals City Hall
- Torroella de Montgrí-Estartit Local Police
- Traffic Police
- Estartit Yacht Club
- G.E.A.S

Official sponsors



**Costa Brava
Pirineu de Girona**
Diputació de Girona

Official Timing



Organizer



Part of

